

Full Report (All Nutrients) 09320, Strawberries, frozen, sweetened, sliced

Report Date: July 01, 2017 01:53 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, thawed 255g	1 package (10 oz) 284g
Proximates						
Water	g	73.18	16	1.348	186.61	207.83
Energy	kcal	96	--	--	245	273
Energy	kJ	402	--	--	1025	1142
Protein	g	0.53	18	0.045	1.35	1.51
Total lipid (fat)	g	0.13	18	0.024	0.33	0.37
Ash	g	0.24	15	0.023	0.61	0.68
Carbohydrate, by difference	g	25.92	--	--	66.10	73.61
Fiber, total dietary	g	1.9	--	--	4.8	5.4
Sugars, total	g	24.01	--	--	61.23	68.19
Minerals						
Calcium, Ca	mg	11	18	0.426	28	31
Iron, Fe	mg	0.59	18	0.038	1.50	1.68
Magnesium, Mg	mg	7	12	0.384	18	20
Phosphorus, P	mg	13	13	0.861	33	37
Potassium, K	mg	98	10	3.122	250	278
Sodium, Na	mg	3	10	0.572	8	9
Zinc, Zn	mg	0.06	10	0.007	0.15	0.17
Copper, Cu	mg	0.020	10	0.004	0.051	0.057
Manganese, Mn	mg	0.250	10	0.016	0.637	0.710
Selenium, Se	µg	0.7	2	--	1.8	2.0
Vitamins						
Vitamin C, total ascorbic acid	mg	41.4	17	2.889	105.6	117.6

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Thiamin	mg	0.016	18	0.001	0.041	0.045
Riboflavin	mg	0.051	18	0.004	0.130	0.145
Niacin	mg	0.401	18	0.047	1.023	1.139
Pantothenic acid	mg	0.108	1	--	0.275	0.307
Vitamin B-6	mg	0.030	5	0.006	0.076	0.085
Folate, total	µg	15	2	--	38	43
Folic acid	µg	0	--	--	0	0
Folate, food	µg	15	2	--	38	43
Folate, DFE	µg	15	--	--	38	43
Choline, total	mg	4.6	--	--	11.7	13.1
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	1	18	0.138	3	3
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	14	--	--	36	40
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	24	18	2.759	61	68
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	21	--	--	54	60
Vitamin E (alpha-tocopherol)	mg	0.23	--	--	0.59	0.65
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	1.7	--	--	4.3	4.8
Lipids						
Fatty acids, total saturated	g	0.007	--	--	0.018	0.020
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000

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16:0	g	0.005	--	--	0.013	0.014
18:0	g	0.001	--	--	0.003	0.003
Fatty acids, total monounsaturated	g	0.018	--	--	0.046	0.051
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.018	--	--	0.046	0.051
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.064	--	--	0.163	0.182
18:2 undifferentiated	g	0.037	--	--	0.094	0.105
18:3 undifferentiated	g	0.027	--	--	0.069	0.077
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.006	--	--	0.015	0.017
Threonine	g	0.016	--	--	0.041	0.045
Isoleucine	g	0.012	--	--	0.031	0.034
Leucine	g	0.027	--	--	0.069	0.077
Lysine	g	0.022	--	--	0.056	0.062
Methionine	g	0.001	--	--	0.003	0.003
Cystine	g	0.005	--	--	0.013	0.014
Phenylalanine	g	0.015	--	--	0.038	0.043
Tyrosine	g	0.018	--	--	0.046	0.051
Valine	g	0.015	--	--	0.038	0.043
Arginine	g	0.023	--	--	0.059	0.065
Histidine	g	0.010	--	--	0.026	0.028
Alanine	g	0.027	--	--	0.069	0.077
Aspartic acid	g	0.120	--	--	0.306	0.341
Glutamic acid	g	0.078	--	--	0.199	0.222

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Glycine	g	0.021	--	--	0.054	0.060
Proline	g	0.017	--	--	0.043	0.048
Serine	g	0.020	--	--	0.051	0.057
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0